

First Grade Fall Newsletter

COUNSELOR CORNER

Miss Jenna Norcia (330) 653-1236
ext. 4451 norciaj@hudson.k12.oh.us

October.

National Bullying Prevention Month

October was national bullying prevention month! Counselors across the district will be conducting 3 lessons on bullying throughout the year. In October, first grade talked about kindness and acceptance using the story "Spaghetti on a Hot Dog Bun". We used the story line to guide a conversation about how everyone is unique and those differences can be used an opportunity to learn more about each other. We also talked about how we can all be Ellsworth Hill leaders by being kind and respectful to everyone!

Coping Skills!

As an extension of our Zones lesson, we also talked about the importance of being in the green zone during the school day. In this zone, the students are able to do their best listening and learning. However, they will not always be in the green zone and that's okay! We talked about the tools they can use to get their body and mind back to listening and learning. These are their coping tools. They brought home a paper detailing the tools that work best for them.

Handle with Care

If your family is experiencing difficulties at home, we would like to provide additional support at school. We understand that you are not always able to share details and this is okay. If your student is coming to school after a difficult morning, night, or weekend, please email me with the subject line "Handle with Care" This will let me know that your student may need extra time, patience or help during the day.



Another guidance lesson was focused on the Zones of Regulation and how our bodies feel when we are experiencing different emotions. The first graders had the opportunity to get their heartbeat up and notice some other signs that they were in the yellow zone. We talked about how there was more energy in their bodies when in this state. We also talked about our energy in the red zone and green zone. The students also did a quick meditation to get themselves into the blue zone. The students had a great discussion about when during the day they can be in the different zones. They might even experience every zone in one day and that is okay! We then talked about coping skills and why they are so important! Each student wrote down some of their favorite coping skills and what zones they use them in.